



## Summer Safety Tips

Summer months are filled with time spent outdoors in a wide range of activities – many providing great exercise and health benefits.

**Sadly, there are also risks for children that accompany this season.** Awareness and proactive measures can keep summertime both fun and safe.

The following links are for anyone caring for children – both parents and child care providers. They suggest ways to get full enjoyment from summertime while preventing harm to children.

- <http://daq.state.nc.us/airaware/ozone/>  
Check this site from the North Carolina Department of Environment and Natural Resources for daily reports on ozone levels in your part of the state.
- <http://www.dhhs.state.nc.us/pressrel/6-16-04.htm>  
North Carolina's State Health Director cautions that being left in a hot car can have fatal consequences for a child.
- [http://www.safekids.org/tier3\\_cd.cfm?content\\_item\\_id=6170&folder\\_id=660](http://www.safekids.org/tier3_cd.cfm?content_item_id=6170&folder_id=660)  
The dangers of hot cars for children are described in this article from the National Safe Kids Campaign. It links to a brochure containing information and safety tips on this topic. The brochure can be downloaded in PDF in both English and Spanish versions.
- <http://www.aap.org/advocacy/releases/summertips.htm>  
This site from the American Academy of Pediatrics has summer safety tips on many topics (swimming, sun, heat stress, bugs, bikes, scooters, boats, lawn mowers, fireworks). Each topic links to a more detailed discussion.
- <http://nrc.uchsc.edu/RESOURCES/summer.htm>  
Multiple links to summer safety tips, including some in Spanish, from the National Resource Center for Health and Safety in Child Care.